

## Healthcare Services

Helping Hand offers a range of affordable and convenient allied health and community nursing services in private homes and in our well established Healthcare Centres located across Adelaide. Our experienced and highly qualified health professionals are passionate about encouraging and assisting clients to enhance their sense of well-being and quality of life.

Our focus is on improving health and wellbeing by providing comprehensive multi-disciplinary assessments, reviews and individualised treatment plans. The individual and group programs across our Healthcare Centres also provide valuable opportunities for social interaction and peer support. Our range of services includes:

### Physiotherapy

- / Individual assessments, pain therapy and treatment plans
- / Exercises to improve balance, daily living activities, mobility and prevent falls
- / Supply of equipment and aids
- / Assistance to maintain or improve range of motion of joints

### Podiatry

- / Individual assessments and treatment plans for conditions of the feet
- / Provision of orthotics / footwear and biomechanic assessment
- / Routine treatment of toenails, wound care and skin conditions
- / Diabetes assessment and management

### Occupational Therapy

- / Individual assessments, education and treatment plans to assist with activities of daily living such as dressing, cooking, showering and rehabilitation of upper limb conditions
- / Education for clients and carers in techniques and equipment to simplify daily tasks
- / Home safety assessments for modifications such as grab rails, ramps, etc
- / Electric wheelchair and scooter evaluation and training

### Social Work

- / Individual or group-based counselling
- / Building resilience and self-management skills
- / Dealing with grief and loss
- / Community integration group programs
- / Support dealing with age-related issues and challenges including mental illness

### Dietetics

- / Easy, enjoyable and affordable individual nutrition assessment and treatment plans
- / Management of recent weight loss, loss of appetite, fatigue, loss of muscle strength and diabetes
- / Dietary advice for food-related allergies or intolerances, constipation or bowel problems
- / Managing symptoms arising from conditions such as lung, kidney or heart disease, cancer or poorly healing wounds
- / Nutritional supplement prescription and advice



## Speech Pathology

- / Assessment and treatment of communication disorders, including difficulties with speech, language, fluency and voice
- / Prescription of communication aids
- / Assessment and treatment of swallowing problems to ensure safe eating and drinking
- / Texture-modified diets and thickened fluids

## Exercise Physiology

- / Individual fitness assessments and treatment plans
- / Prevention and management of chronic diseases and injuries
- / Exercise prescription
- / Lifestyle and behavioural modification programs

## Community Nursing

- / Individual nursing assessments and care plans
- / Skin integrity and wound-care management
- / Continence management
- / Medication supervision and management

## Therapy Groups

- / Hydrotherapy
- / Tai Chi
- / Falls and balance
- / Exercise and walking groups
- / Grief and loss support
- / Plus more available

## Locations

Helping Hand Healthcare Centres are open Monday to Friday at four main locations across the north and north east metropolitan areas:

- / Salisbury
- / North Adelaide
- / Parafield Gardens
- / Ingle Farm

Many of our healthcare services are also available to be delivered in a client's home. Our therapy groups are delivered at our Healthcare Centres as well as a variety of other locations.

## Eligibility and Fees

Anyone can access Helping Hand Healthcare Services. Please contact us on 1300 653 600 for further information about our services and fees, or email [info@helpinghand.org.au](mailto:info@helpinghand.org.au)

If you are aged 65 years or over, you may be eligible to receive Australian Government support to access our services at a reduced cost. To check your eligibility, please contact MyAgedCare on 1800 200 422 and ask for Helping Hand Aged Care as your preferred provider.

